



Wallington High School *For Girls*

HEIRS OF THE PAST, MAKERS OF THE FUTURE

FRIDAY 29TH
SEPTEMBER 2023

THE WALLINGTON WEEK

MESSAGE FROM THE HEADTEACHER



This week saw our first Local Governing Body meeting which had full attendance with representatives from the School, our Trust, and our Governing Body. We discussed a range of topics, and it was a great opportunity for the school to share its development

priorities with a group of governors, each bringing their own expertise and interest to the meeting. As a school we are always interested in working with all our stakeholders and value this opportunity.

The behaviour of our students continues to be of an excellent standard as we immerse ourselves more fully into this new school year, and their attention in lessons is excellent. The teachers continue to plan lessons which are engaging and encourage the students to think hard and demonstrate one of our three core values – curiosity – by asking questions about their learning, to deepen their understanding.

The students ran an amazing extra-curricular fair this week which had well over 30 clubs on offer for the students to sign up to. The variety was exceptional, all the clubs are student-led, which is incredible and a real testament to their sense of community and commitment to the school.

You will now have received my letter about raising money to refurbish some of our science laboratories. It is easy to set up a direct debit and a regular donation would help us plan to bring some of these rooms up to date.

- MRS T O'BRIEN

MANAGING YOUR CHILD'S ANXIETY (Y7/8 PARENT WORKSHOP- ONLINE)

Date and time: Thurs 5th Oct 2023, 19.00-20.00

Facilitator: Madeline West - Children's Wellbeing

Practitioner from the Sutton Education Wellbeing team

Location: This is a virtual event – Teams

This workshop is for the parents of Year 7 and Year 8 students. Madeline West, Children's Wellbeing Practitioner from the Sutton Education team, will be running a workshop to support parents to better understand and support worries and anxiety in their children. The workshop will provide an overview of the psychology behind anxiety and offer a number of practical strategies that can be used at home by parents. The workshop will also encourage parents to think about triggers for anxiety in their children, and time for questions at the end of the session will be available.

Meeting details are below:

Microsoft Teams Meeting

Meeting ID: 394 672 635 044

Passcode: tRzf5L

TRANSITIONING TO UNIVERSITY LIFE (ALL YR GROUPS - PARENT WORKSHOP)

Date and time: Tues 10th Oct 2023, 18.00-19.30

Facilitator: The Charlie Waller Trust

Location: This is a virtual event – Zoom

This webinar is for parents and carers who want to help a young person adjust to life and learning at a university. The session will talk you through adjustment and homesickness, explore the transition to a different way of learning, give you tips on helping navigate university support systems, help you think about the complexity of the academic journey and how you can support this.

To register for this online workshop please click [here](#).



YEAR 13 INTERVIEW DAY

Event: Year 13 Interview Day

Date: Wednesday 22nd November 2023

Location: Wallington High School for Girls

Time: 9:30 – 15:00

We are organising a special event for our year 13 students and are looking for volunteers to join us to help them develop a crucial life skill: interviewing.

Interviewing is a crucial life skill that goes beyond just job applications. It's about effective communication, self-presentation, and confidence-building. For many of our Year 13 students, this will be their first opportunity to experience a formal interview setting and as you will appreciate, this is an important skill to learn to give our students the confidence and a competitive edge when applying for higher education, apprenticeships or other employment opportunities in the future.

We require volunteers from all sectors but we have a particular need for veterinarians, medical professionals, architects, and individuals with a background in foreign languages.

What to expect:

We are seeking volunteers to conduct multiple 30 minute face-to-face practice interviews. Your role will involve asking questions, providing feedback, and sharing your insights and experiences. Where possible we will match your specialism to an appropriate student but we may also ask you to conduct a generic interview or one broadly related to your field. We are happy for you to use your own questions but you will also be supplied with examples to assist you. We are hoping for volunteers to attend the whole day, however we would still welcome your participation if you are only available for part of the day. Lunch and refreshments will be provided, and for some this may also be a great opportunity to network with other professionals in the local area.

How to volunteer:

If you are willing to volunteer, please could you complete the form [here](#).

MENTAL HEALTH POLICY

Wallington High School for Girls' approach to mental health and behaviour is part of a consistent whole school approach which involves providing a structured school environment with clear expectations of behaviour, well communicated social norms and routines, which are reinforced with highly consistent consequence systems. This is paired with an individualised graduated response in the form of our Social, Emotional and Mental Health Provision Map which can be found in our Mental Health Policy on our website. We believe it is important that children are provided with support as soon as a problem emerges, at any point in their life. Providing early help is more effective in promoting the welfare of children than reacting later. For more information on this please see our Mental Health Policy.

SAMSUNG KIDS PARENTAL CONTROLS

Samsung Kids is a parental feature which you can set up on your child's device which can be used to apply restrictions such as app access, downloading, screen time, privacy and more. It's really easy to set up and use and will help you to manage your child's online activity. Please see the attached flyer.

SOCIAL MEDIA SAFEGUARDING CONCERNS

With children spending more and more time online it is important parents and carers understand the risks associated with social media platforms. Please see the attached posters for more information.



CONSENT FOR SPORTS FIXTURES

On Monday 18th September Parents/Carers were informed of our new sports fixtures consent process via schoolcomms.

Every academic year we will be sending the form to you via schoolcomms and gathering consent which will be valid for the duration of the full academic year. Please refer to the letter sent for more details regarding this.

Please be reminded that if you have not completed the form, please do so by Wednesday 27th September. The link to the form can be found on the letter dated 18.09.23.

Thank you.

CLUBS AND SOCIETIES FAIR 2023

On Wednesday the 27th, the senior prefects and I organised a 'club fest' event to promote extra-curricular and co-curricular activities.

After conducting a survey last academic year, Tori and I found that after the pandemic attendance and engagement in clubs/societies substantially dropped. So I made we made it our mission as Curriculum Senior Prefects to improve this as engaging in these activities is so beneficial for students wellbeing and well-roundedness!

Massive thank you to all the club and society representatives who came along.

We had over 200 students in attendance and I hope this can boost participation for this year!

**Charlotte and Tori
Curriculum Senior Prefects**

LECTURE SERIES

We are currently looking for people in our local community that would be willing to come into school and deliver a lecture to Year 13 students as part of their fortnightly lecture series. Lectures run from 11.10-12.10pm on alternate Fridays.

Lectures aim to stretch students minds and enrich them beyond the school curriculum giving them insight, knowledge and understanding of a topic, theme, concept. Examples from last year include, politics and journalism, corruption, conspiracy theories, the human mind, holocaust.

If you feel you would be able to contribute to our lecture programme by delivering a 25-50minute lecture I would love to hear from you, please email Mrs S Collins at: scollins@wallingtongirls.org.uk.





INTERNATIONAL YOUTH MATH CHALLENGE

Congratulations to Mugdha, Year 8, for her success in the International Youth Math Challenge competition. She recently entered this online competition by submitting answers to five tricky questions. In order to answer these questions, Mugdha researched mathematical topics from beyond the GCSE syllabus. Her entry impressed the judges and she has qualified for the next round!



Here is one of the examples of the questions she had to answer...

International Youth Math Challenge

Determine the numerical value of the following expression without the use of a calculator:

$$\log_3 \left(\frac{\sin(2\pi)}{\tan(\pi/3)} + \sum_{n=0}^{10} \left(\frac{1 + \sqrt{1 + \sqrt{1}}}{1 + (1^{-1} + 1^{1-1}) \cdot \cos(\pi/4)} - \frac{2^4 - 2^3}{(1 + \sqrt{1})^2} \right)^n \right)$$

Mugdha has written about her experiences completing the Challenge...

"During the course of the International Youth Maths Challenge, I had a really nice time challenging myself to reach my best potential- it was fun to answer questions with different theorems and truly to play around with it. This was a great opportunity to unleash a train of wild imaginations in the world of Mathematics. Overall, I am absolutely grateful for this golden chance and I had a great time answering the questions."

We are very proud of Mugdha's achievements and wish her the best for the next round!

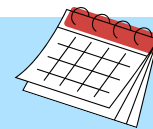


CAREERS NOTICEBOARD

For the latest careers news visit: [WHSG Careers Noticeboard](#)



Upcoming Events



For more information on the following events, visit the Careers Noticeboard

The Sutton Trust Pathway Programmes: These support year 12 students to explore career opportunities in Banking & Finance, Consulting, Engineering, Law, Veterinary Medicine and Medicine. Students will gain work experience, participate in employability skill sessions and workshops and have access to ongoing application support and career advice. Applications now open.

Premed Projects: Medicine Careers Day Live Live. An online medicine careers day will help students to determine if applying to medical school is what they want to do. 7th October. Book online. Fees apply.

Medic Mentor: Get into Medicine Live covers all of the essential requirements for applying to medical school and provides invaluable tips on how to stand out from the crowd. 7th & 8th October.

NHS: Careers in the NHS & Employability Skills. An in person insight event to learn more about what a career in the NHS could look like for you. 16th November Harris Invictus Academy. Register for your free ticket.

PRIME's Virtual Legal Work Experience Programme: Discover what it means to be a lawyer and develop skills fundamental to a career in law.

Springpod Virtual Work Experience: Springpod currently has 80 WEX programmes covering a wide range of sectors e.g. banking and finance, engineering, marketing and many more.

What Next? Meet the top employers & Universities at London Olympia. Listen to expert speakers cover everything you need to know including student life, choosing your career, working in a certain industry and access to support. 11th November. Register for your free ticket.

Unifrog Webinars:

- Girls in tech careers: Women leading the way in IT. 2nd October.
- Why study biosciences. 4th October.
- Why study politics. 10th October

SOCIAL MEDIA SAFEGUARDING CONCERNS



With children spending more and more time online it is important parents and carers understand the risks associated with social media platforms.



Facebook



Instagram



TikTok



Snapchat



Twitter



Whatsapp



Yubo



Omegle



Tinder



Wink

Stranger Danger / Grooming

Many of these platforms encourage connecting with new people. This brings with it a risk of connecting with people who are seeking to take advantage of young people and potentially groom them. There is also the possibility of 'catfishing' in which people create fake profiles to take advantage of other users.

Inappropriate Content

It can be easy for inappropriate content to be shared. Snapchat has become an app for 'sexting' and sharing intimate images due to the ability for photos and videos to disappear after they are viewed. Similarly, Omegle has faced backlash over users being able to send inappropriate content such as sexual material.

Cyberbullying

Many of these platforms allow users to send private messages which can result in harmful messages being sent. Often the anonymity of online means people send messages or make comments that they wouldn't say in person. There has also been a rise in content of people being uploaded without their consent.

Over-sharing

A lot of these platforms encourage people to share every aspect of their lives, including personal information. Many apps also have location sharing in which other users can see where you have been, and even where you live. On Instagram it is encouraged to use the location finder when sharing photos and videos.



October 2023

Newsletter

LET'S FACE SOME ISSUES!

Wednesday

18th Oct

18:30 - 19:30

FREE



FREE SESSION

Family Meetings:
Why and How

Monday

2nd Oct

18:30 - 20:30

£24



Understanding the Teenage Brain

Why teens think, feel and behave
differently from adults

Monday
23rd Oct

18:30 - 20:30

£24



Understanding Anger

Yours and theirs - what is anger, why
do we feel it and how can we manage
it?

Thursday
26th Oct

18:30 - 20:30

£24



Supporting a Child with ADHD

interactive session explaining what ADHD is
and offering a range of interventions that can
make lasting differences.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk